



Understanding Mental Health

Open to employees and volunteers from government, non-government, and private organisations in St George and Sutherland areas.

This free introductory workshop is designed to enhance the skills and knowledge of employees and volunteers, empowering them to better understand and support individuals experiencing mental health challenges. Through this course, participants will develop a deeper understanding of recovery and effective strategies to assist people on their journey to wellbeing.

WORKSHOP CONTENTS

- The meaning of recovery and other frameworks
- Understanding different diagnoses and experiences of mental distress
- Approaches and strategies in managing mental distress
- Understanding and responding to self-harm and suicide
- Helpful communication strategies
- Navigating mental health services
- Insight from the perspective of a person with a lived experience of mental distress

USEFUL INFORMATION

Location: Auditorium, Level 1, The Sutherland Hospital, Caringbah, NSW 2229

Dates: **Wednesday 16th July 2025**
Monday 24th November 2025

Time: 9:30am - 4:30pm

Contact Us
for more information

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🌐 <https://events.humanitix.com/understanding-mental-health-sutherland-2025>

